

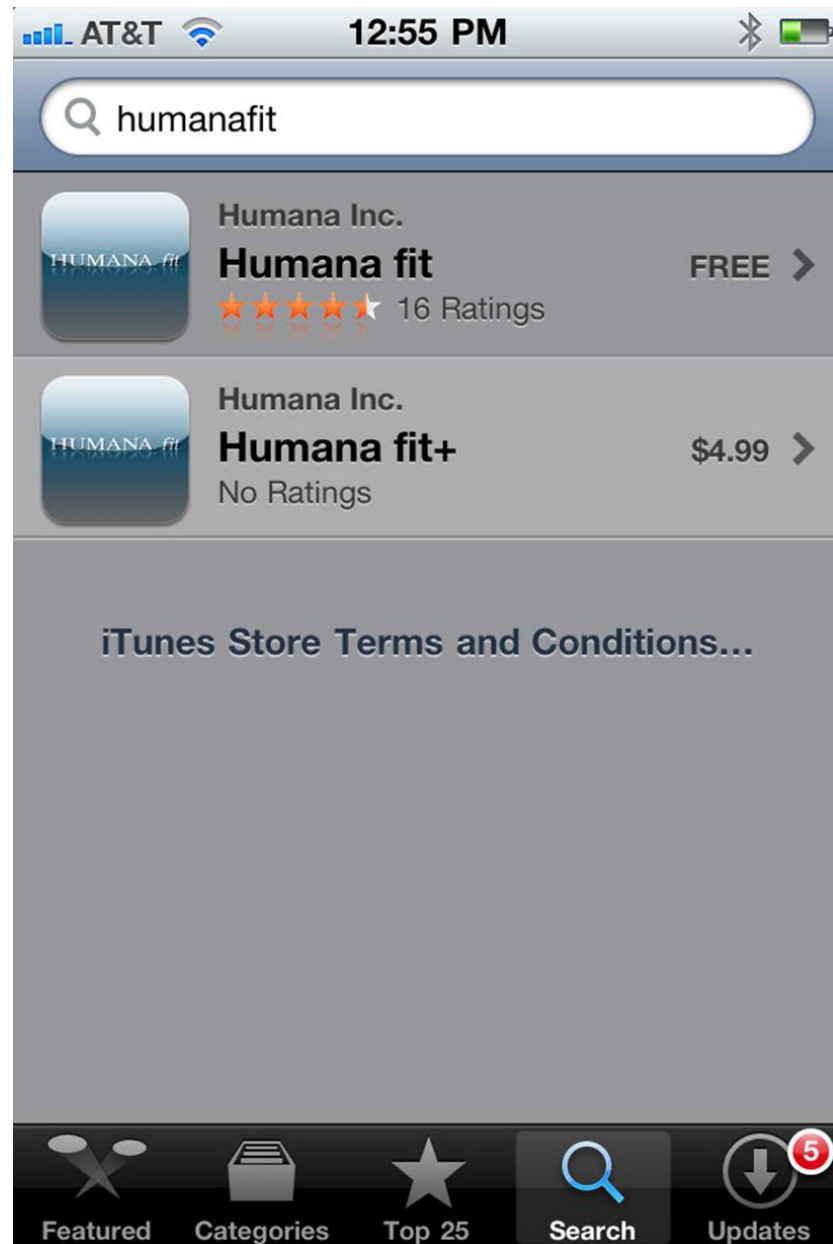


HumanaFit™ App Process
Updated: February 2012

Humana Vitality

Locate HumanaFit App On Smartphone Store

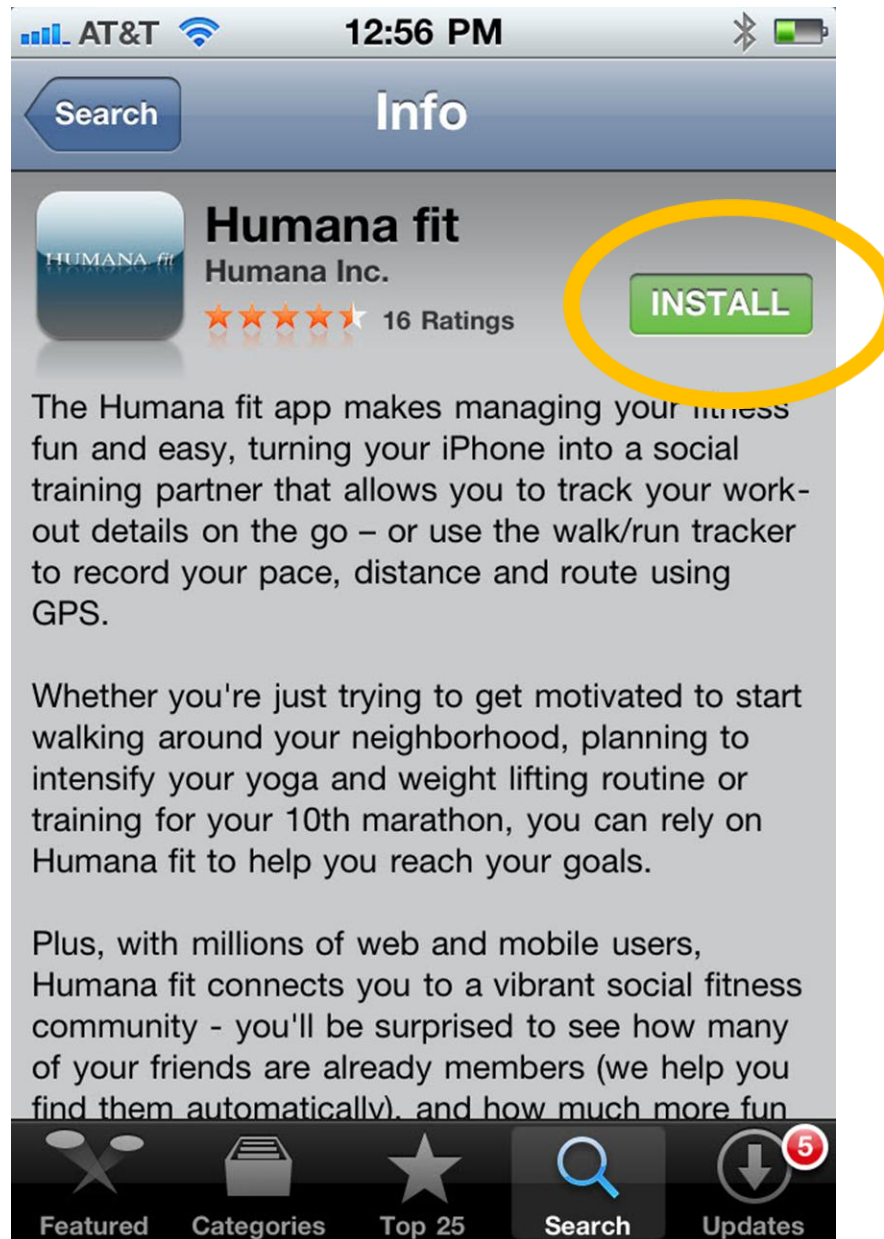
Note: The FREE version is recommended for the average user.



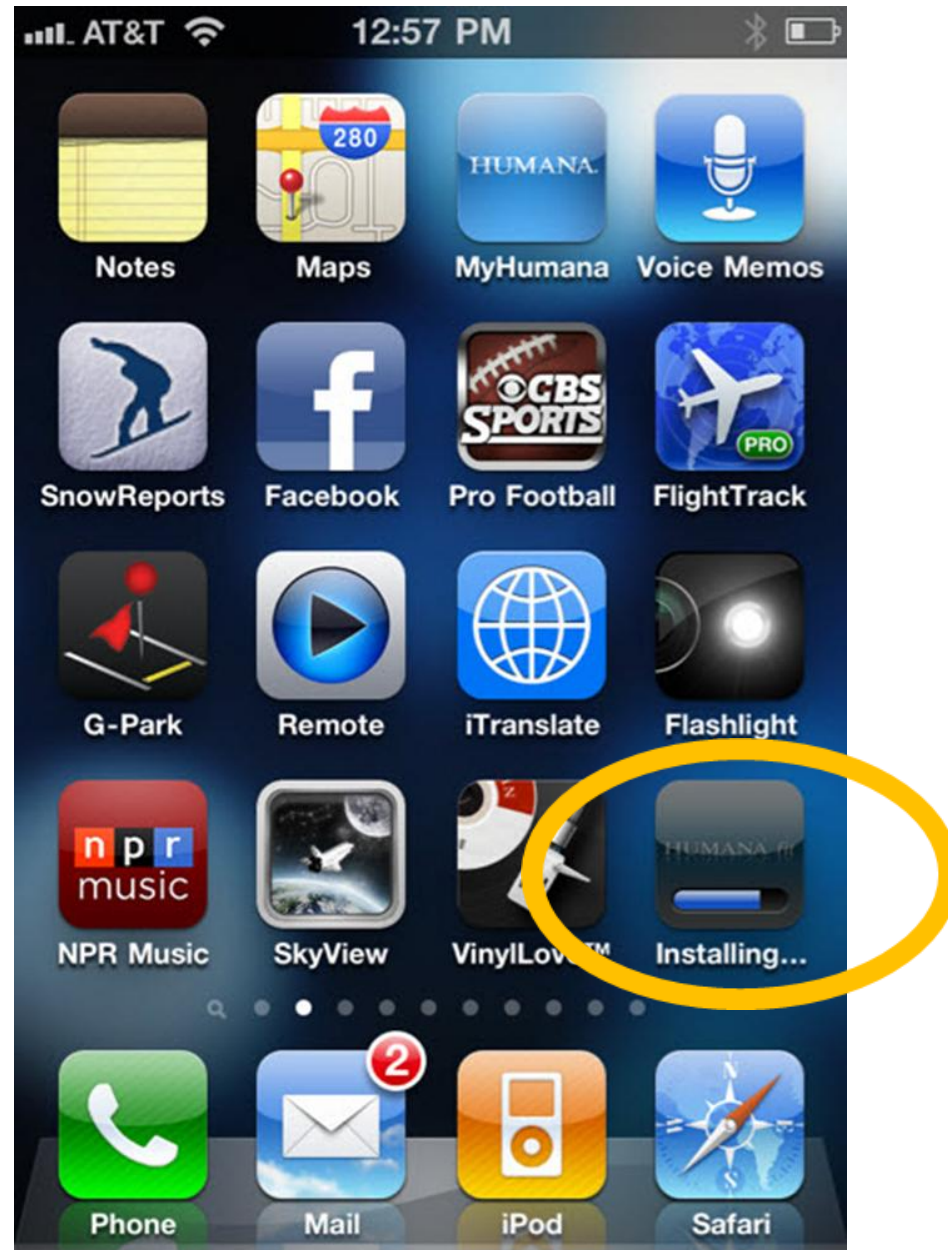
Click “Free” to Purchase App



Click “Install” to Begin Download



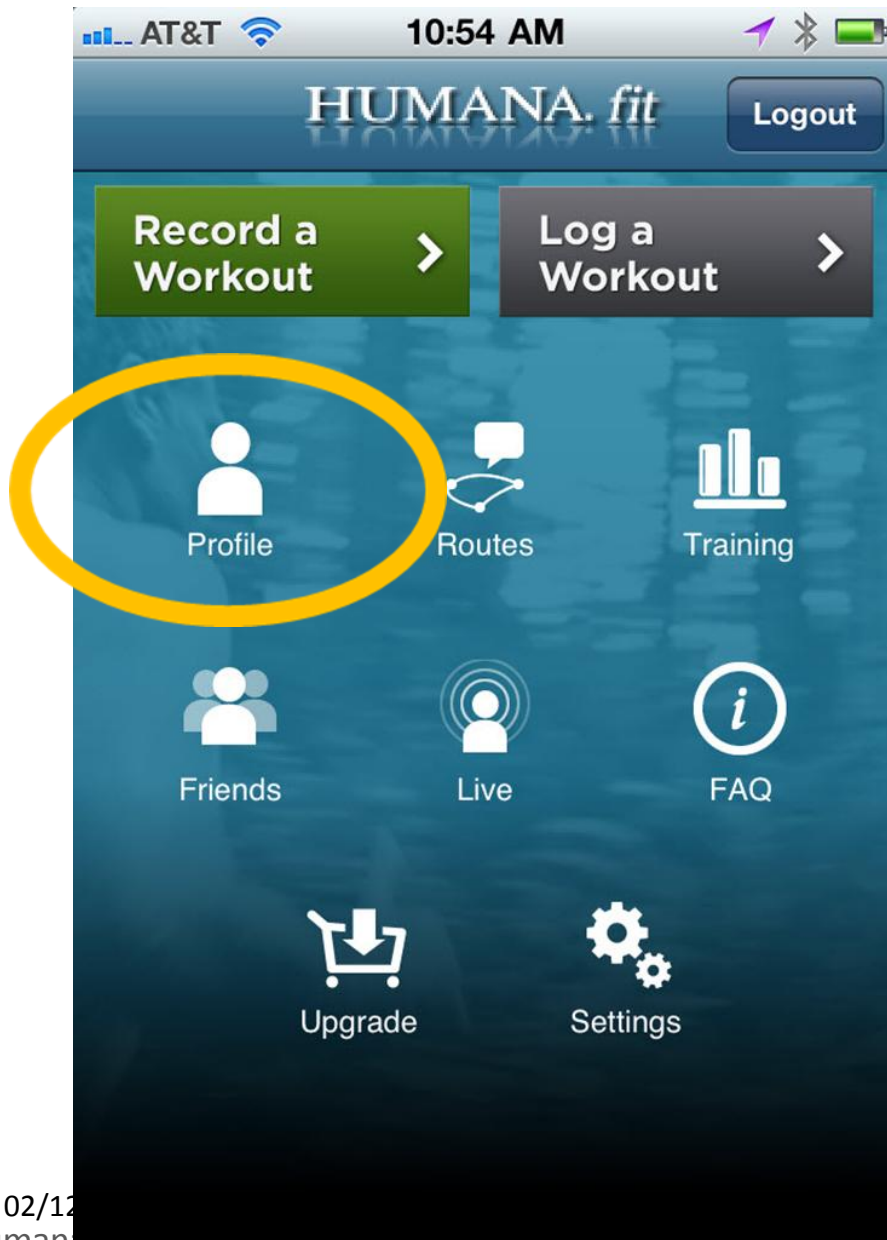
HumanaFit App Installs on Smartphone



Click on App for a Smartphone Workout



Click “Record a Workout”



User will be prompted to either sign-in with their existing account credentials or to register for a HumanaFit account.

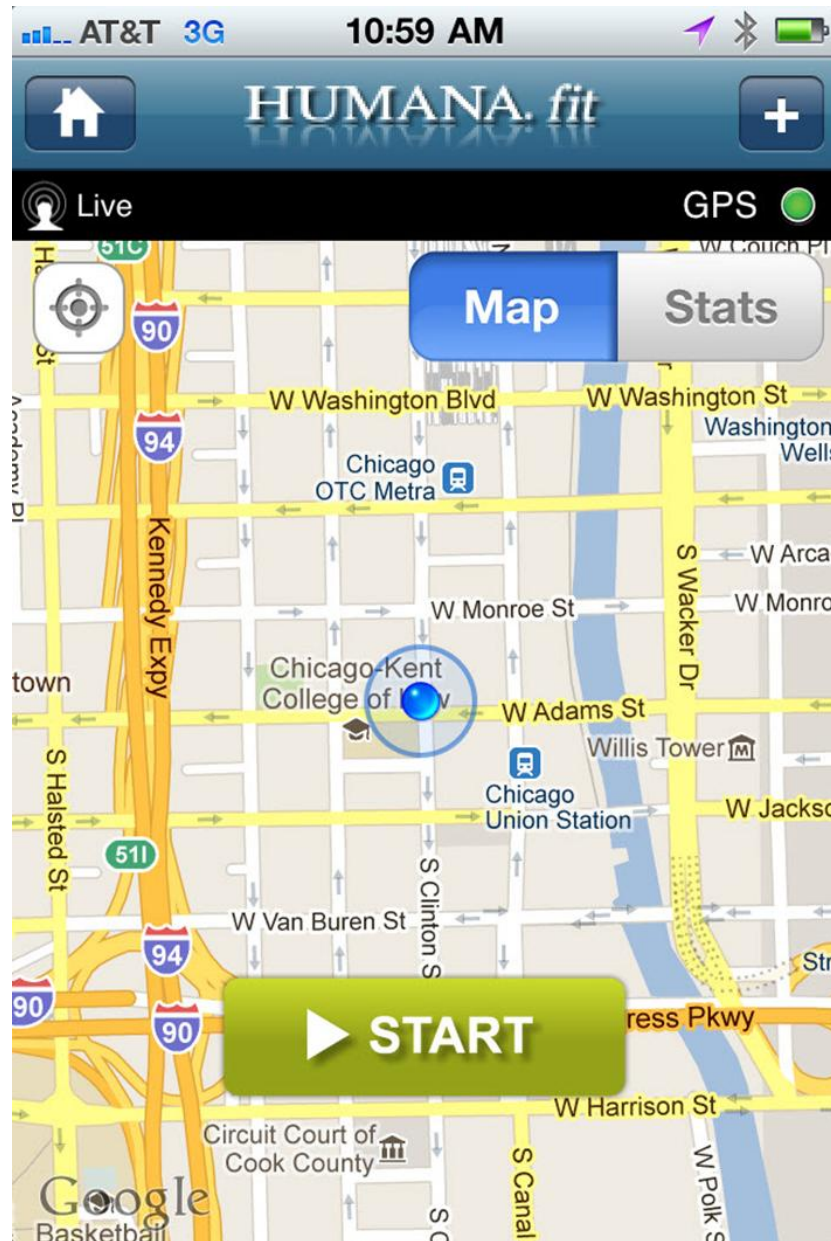
Click “Profile” to enter height and weight. Height and weight must be registered in order to log a verified workout and earn Vitality Points.

Note: Vitality Points will be awarded for qualified activities completed while using the “Record a Workout” button.

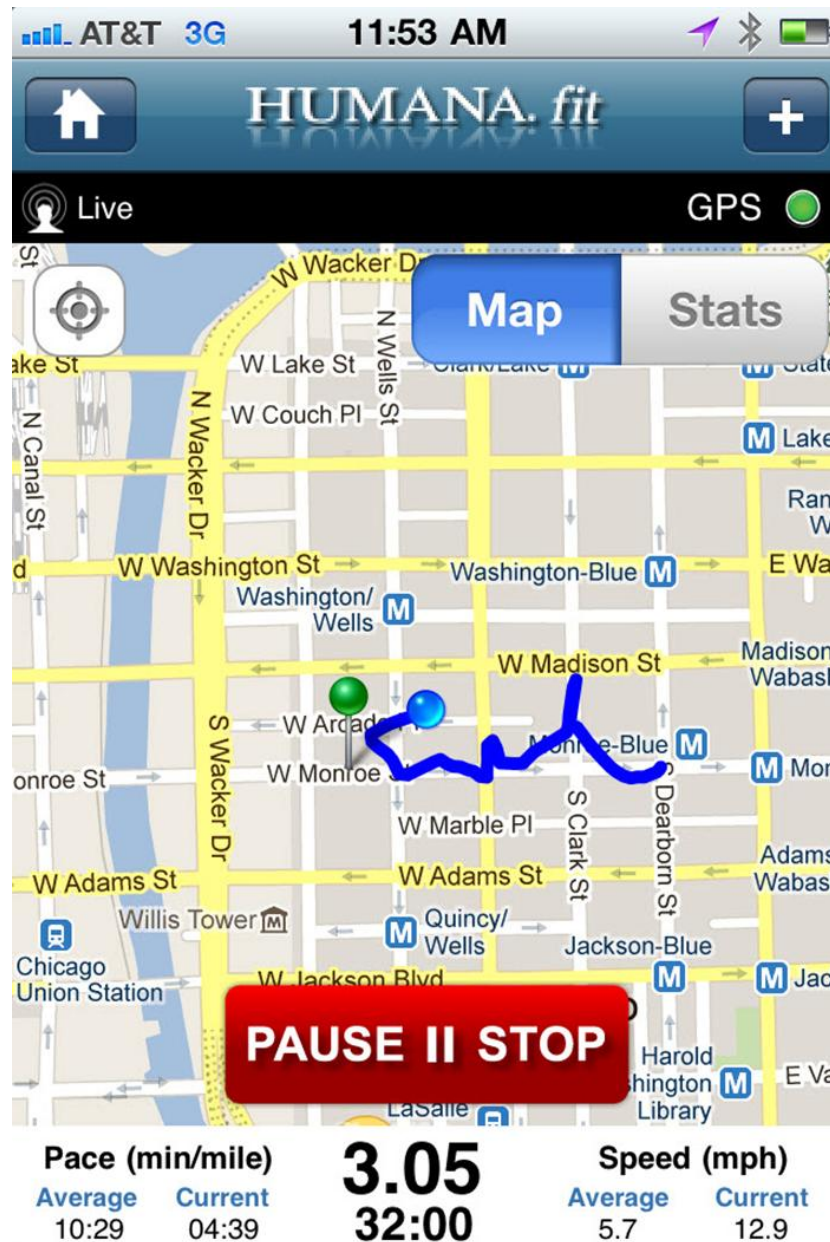
Activities entered via the “Log a Workout” button will not trigger Vitality Points to be awarded.

Once GPS Light is Green, Click “Start”

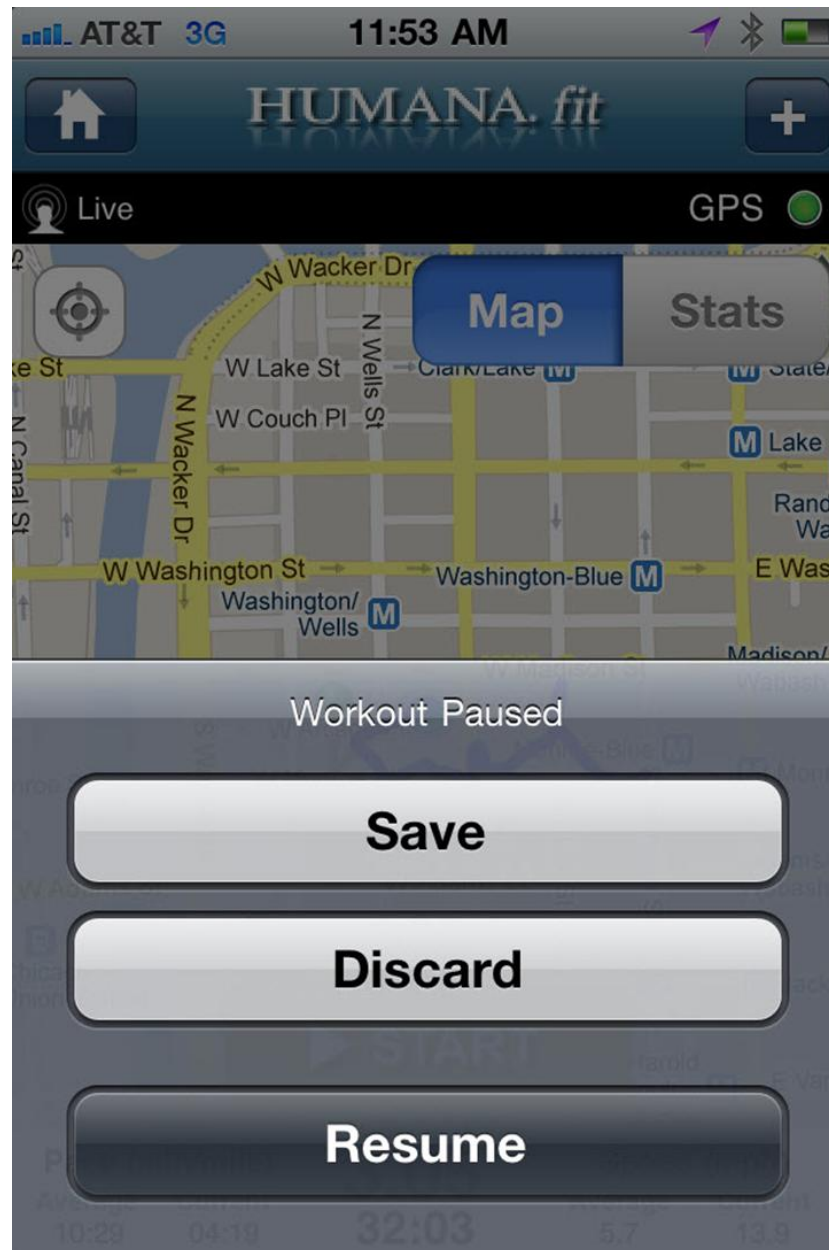
Note: In order to receive Vitality Points for a verified workout, you must burn at least 200 calories per workout session.



Click “Pause || Stop” When Workout Complete



Click “Save”

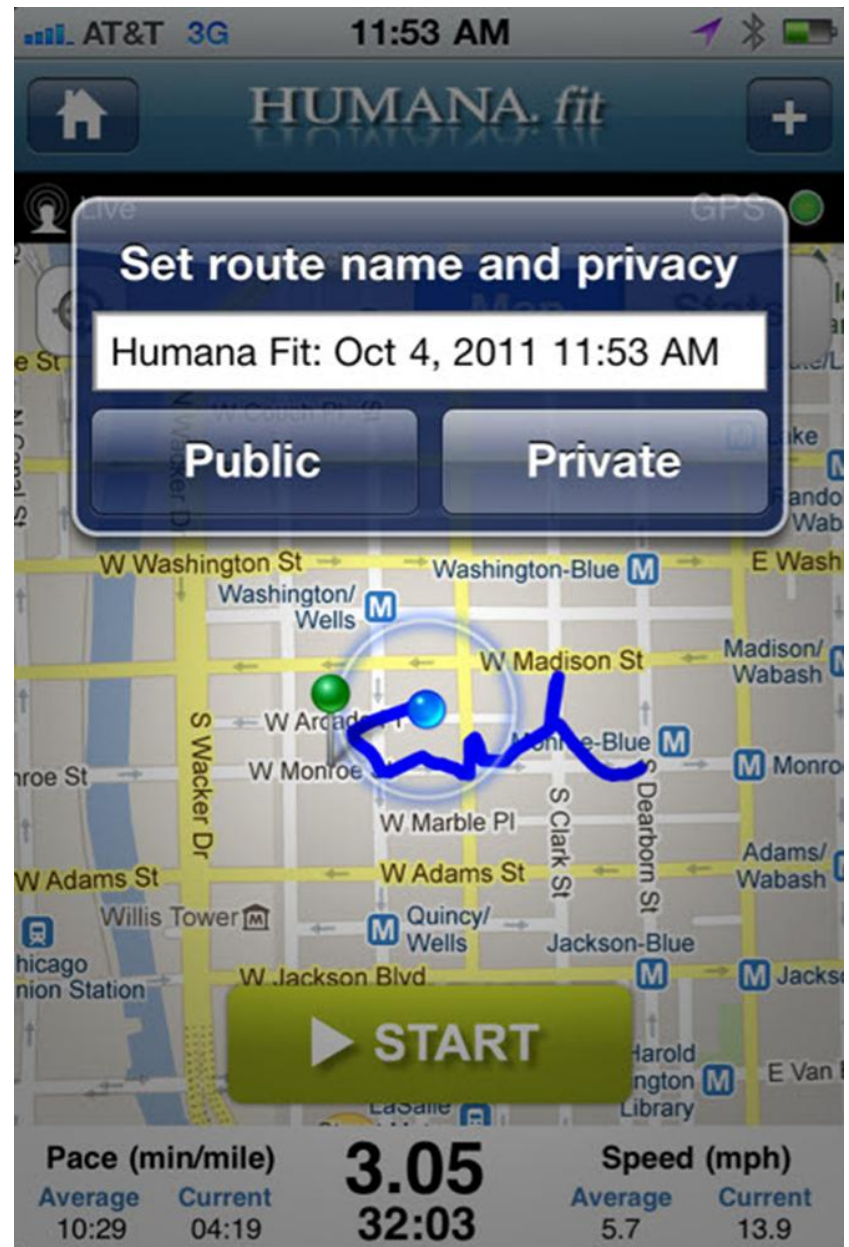


Select Workout Type

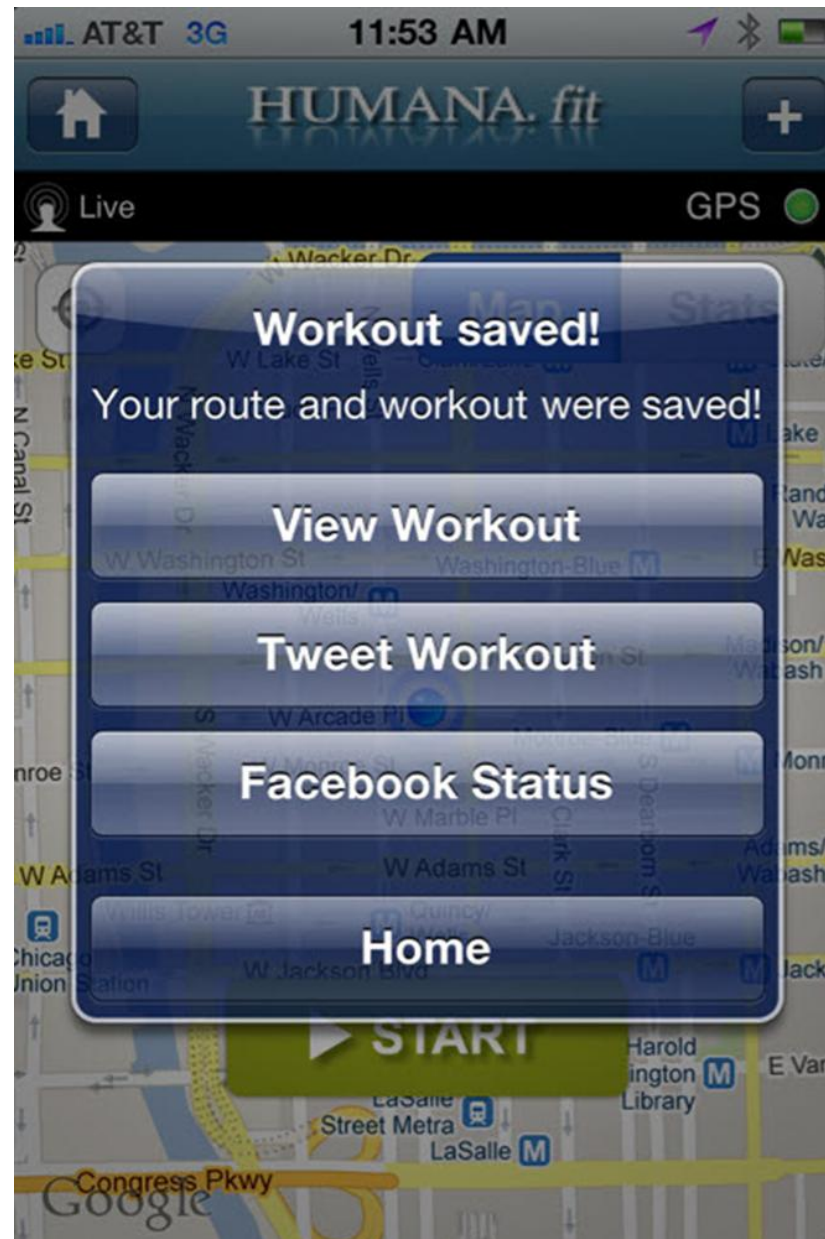


Share With HumanaVitality

NOTE: Both selections will share activity with HumanaVitality. “Public” will display the route on the user homepage while “Private” will hide the route from viewing by others.



Success!



Login to HumanaFit.com

The screenshot shows a Windows Internet Explorer browser window displaying the HumanaFit.com website. The address bar shows the URL http://www.humanafit.com/my_home/. The website header includes the HumanaFit logo and navigation links: Home, Routes, Workouts, Nutrition, Community, Events, and Mobile. Below the header, there are buttons for "Find your Friends", "Log a Workout", and "Map a Route".

The main content area features a user profile for Aaron Bayer, with options to "View My Profile" or "Update Your Profile". The profile includes tabs for Status, Workout, Daily Log, and Food Log. A "Share" button is also present. Below the profile, there is an "Activity Feed" section showing a recent activity: "abayer mapped the route Humana Fit: Oct 4, 2011 11:53 AM in Chicago, IL. Louisville, KY • 10/04/2011 12:53 p.m." with options to "View Map", "Comment", and "Like".

On the right side of the profile, there is a "Health Metrics" section for "FOR SEPTEMBER 2011" with the following data:

Metric	Value
Energy Burned	N/A
Workouts	0
Total Time	N/A
Time/Workout	N/A

Below the metrics, there is a note: "Add some workouts for more updated stats." At the bottom right, there is a "Humana Pedometer" section with a "Register Device" button, a "Finished" button, and an "Upload" button. A link for "Pedometer FAQs" is also visible.

The Windows taskbar at the bottom shows several open applications: Office Communicator, Test Case Manage..., My Home | Humana Fi..., Microsoft Excel - XGe..., Calendar - Jgeringer..., and HumanaVitality Devices. The system clock shows 4:00 PM on 10/04/2011.

Click “My Workouts” to View Calendar

The screenshot shows the Humana Fit website interface within a Windows Internet Explorer browser. The browser's address bar displays the URL http://www.humanafit.com/my_home/. The website's header includes the Humana Fit logo and a navigation menu with links for Home, Routes, Workouts, Nutrition, Community, Events, and Mobile. A yellow circle highlights the 'Workouts' menu, which has a dropdown containing 'My Workouts' and 'Log a Workout'. Below the navigation bar, the user's profile for Aaron Bayer is visible, with tabs for Status, Workout, Daily Log, and Food Log. The 'Status' tab is active, showing an activity feed with a recent post about a mapped route in Chicago. On the right side, there is a 'Health Metrics' section for September 2011, displaying statistics for Energy Burned, Workouts, Total Time, and Time/Workout. Below this is a section for the Humana Pedometer, with buttons for 'Register Device', 'Transfer Step Data', 'Finished', and 'Upload'. The bottom of the browser window shows the Windows taskbar with various open applications like Office Communicator, Test Case Manager, and Microsoft Excel.

Click on Workout To View Details

Fitness Log and Work out Plan | Humana Fit - Windows Internet Explorer

http://www.humanafit.com/workouts/

Go to Humana.com | Powered by MapMyFITNESS

Connect | Hi Aaron | Invite Friends | Help

HUMANA. fit

Home Routes **Workouts** Nutrition Community Events Mobile

My Workouts Log a Workout Import Workout

My Workouts

Log your workouts, keep on track and analyze your results. Use this dashboard to stay on top of your fitness needs and keep track of calories, weightloss, and much more! Add a Workout to get started!

Calendar Graph List

Workout type: View All Types October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Stats
25	26	27	28	29	30	1	0 mi No Change
2	3	4	5	6	7	8	3.05 mi Good Job!
9	10	11	12	13	14	15	0 mi -100%
16	17	18	19	20	21	22	0 mi No Change

Humana Pedometer

Register Device Finished

Transfer Step Data Upload

Pedometer FAQs

HumanaVitality Device Compatibility Information

Universal Device

Connect to Humana fit Register

Done

start Office Communicator Test Case Manage... Fitness Log and W... Microsoft Excel - 3... Calendar - jgering... HumanaVitality Dev... Document1 - Micro... 4:02 PM

Workout shows as a HumanaFit Workout

The screenshot shows the HumanaFit website interface. The main navigation bar includes links for Home, Routes, Workouts, Nutrition, Community, Events, and Mobile. The 'My Workouts' section is active, displaying a calendar view for October 2011. A pop-up box for a workout on October 4, 2011, is highlighted with a yellow circle. The pop-up box contains the following information:

- Humana Fit: Oct 4, 2011 11:53 AM
- 32:02 10:29
- View | Edit Workout

The right sidebar features a 'Humana Pedometer' section with buttons for 'Register Device', 'Finished', 'Transfer Step Data', and 'Upload'. Below this is a 'Universal Device' section with a 'Register' button. The bottom of the page shows a Windows taskbar with various open applications.

* A click on “View” at the bottom of the pop-up box will display the details of the workout.